

Four Things to Never Do

Small Group Study

Focus Verses: Mark 2:18-3:6, Hebrews 10:16, Hebrews 8:7-13, Matthew 6:16-18

Opening discussion: How would you describe the whole character of God in one word?

Discussion Questions:

1. What are some worthwhile reasons for fasting? (Mark 2:18)
2. What insights do the Scriptures give us about how to fast and when we might fast? (Mark 2:18-20, Matthew 6:16-18)
3. When might you fast for someone who is with you, versus fasting for someone who is not with you? (Mark 2:19-20)
4. Why does trying to solve new problems with old solutions often cause problems? (Mark 2:21-22)
5. Why was it okay for Jesus' disciples to pluck and eat grain on the Sabbath? (Mark 2:23-25)
6. What did Jesus mean when He said, "The sabbath was made for humankind, and not humankind for the Sabbath?" (Mark 2:27-28)
7. As followers of Jesus, how should we act on or what should we do on the Sabbath? (Mark 2:26-28)
8. What are some good things we might want to do on the Sabbath? (Mark 3:1-4)
9. What creates hardness of the heart in some people? (Mark 3:5-6)
10. How does the Lord write His laws in our hearts? (Hebrews 10:16)
11. What is the New Covenant of Christ? (Luke 22:19-20,
12. How do we separate living under the old laws from living under the new covenant? (Hebrews 10:16, Hebrews 8:7-13)

For further growth:

Read Galatians and Romans; focus on the differences between the new covenant and being under the law.

Focus on the peace and freedom we have in Jesus Christ.

Closing Prayer